



# Rugby Union for Dummies

*Nick Cain, Greg Growden*

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## **Rugby Union for Dummies** Nick Cain, Greg Growden

If you get a big kick out of rugby but still feel you could sharpen up your knowledge of the game, this friendly guide is for you. Inside you'll find easy-to-understand advice on the basic rules and pitch positions, plus in-depth lessons on ball skills, fitness training, and techniques to outwit your opponents - all illustrated with entertaining stories from British and International rugby's back pages, and coverage of England's historic 2003 World Cup victory.

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